



# Deer Park High School

**AUG/SEP 2019**

## MONDAY

## TUESDAY

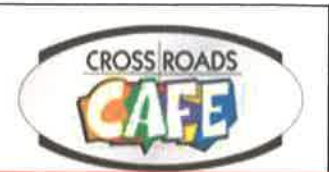
## WEDNESDAY

## THURSDAY

## FRIDAY

		<p>Blueberry Parfait Bagel &amp; Cream Cheese Cereal &amp; Toast</p>	<p>Biscuit and Country Gravy Fruit Parfait Bagel &amp; Cream Cheese Cereal &amp; Toast</p>	<p>Whole Grain Donut Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>
<p>Labor Day No School</p>	<p>Sausage Breakfast Pizza Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>	<p>BYO Pancake Bar Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>	<p>Biscuits and Country Gravy Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>	<p>Whole Grain Donut Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>
<p>Breakfast Bowl Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; toast</p>	<p>Sausage Breakfast Biscuit Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>	<p>BYO Pancake Bar Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>	<p>Biscuit &amp; Country Gravy Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>	<p>Whole Grain Donut Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>
<p>French Toast Sticks &amp; Sausage Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>	<p>Sausage Breakfast Pizza Blueberry Muffin/Bagel Fruit Parfait Cereal &amp; Toast</p>	<p>BYO Pancake Bar Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>	<p>Biscuit &amp; Country Gravy Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>	<p>Whole Grain Donut Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>
<p>Pancake on a Stick Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>	<p>Ham &amp; Cheese Breakfast Sandwich Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>	<p>BYO Pancake Bar Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>	<p>Biscuit &amp; Country Gravy Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>	<p>Whole Grain Donut Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>
<p>Ham and Cheese Frittata Pancake on a Stick Bagel &amp; Cream Cheese Fruit Parfait Cereal &amp; Toast</p>		<p><i>Fresh and Canned Fruit Fruit Juice &amp; Milk Varieties available daily for breakfast</i></p>		

# September 2019 –Deer Park High School



## FAST TAKES

### EVERYDAY CHOICES

Chicken Caesar Salad and Roll, Chef Salad and Roll

Featured Daily Special:

Monday: Caesar Wrap

Tuesday: Southwest Chicken Wrap

Wednesday: Buffalo Chicken Wrap

Thursday: Crispy Chicken Wrap

**New!!** Friday: Chicken Bacon Ranch Wrap

**New!!** Assorted PRE-MADE Subs

### Fiesta Bar Offered Daily!

Hard Shell or Soft Shell Tacos

Made to Order Nachos

Beef-Chicken-Beans

Sour Cream-Salsa

## DELI

Subs on Freshly Baked Whole Grain Rolls featuring deli sliced turkey, turkey ham, assorted cheeses, and fresh vegetables.

### EVERYDAY

**New!!**

Sun Butter and Jelly Sandwich with a Cheese Stick

## GRILL

### EVERYDAY CHOICES

Cheeseburger or Chicken Burger

All Burgers served with Fries

Rotating Special: **Monday**-Spicy Chicken Burger

**Tuesday**- BBQ Pulled Pork Sandwich

**New!!** **Wednesday** Chicken Nuggets w/ Roll

**Thursday** -Hot Dog on a Bun

**New!!** **Friday**- Buffalo Chicken Sandwich

## PIZZA

### EVERYDAY CHOICES:

Fresh Baked Pepperoni and Cheese Pizza

All pizzas feature low fat cheese and low sodium sauce

Rotating Special: **Monday**-Zesty BBQ Chicken

**Tuesday**- Meatlover's Pizza **Wednesday** -Stromboli

**Thursday**-Chicken Bacon Ranch **Friday**-Calzone

## CREATIONS

### SIDES OFFERED DAILY WITH LUNCH CHOICES

All you can eat Offering Bar featuring a Variety of Fruits and Vegetables in an inviting variety, Low Fat or Fat Free Milk

<b>Welcome Back!</b>		28	29	30
		Sweet & Sour Chicken Bowl with Steamed Veggies	Philly Cheesesteak Sandwich with Fries	Macaroni & Cheese with Chicken Nuggets
<b>Labor Day No School</b>	2	3	4	5
		BBQ Pulled Pork Sandwich French Fries and Coleslaw	Teriyaki Chicken Bowl with Steamed Veggies	Lasagna with Garlic Knot
		Chicken Alfredo Pasta with a Breadstick		
	9	10	11	12
		Ravioli with Seasoned Green Beans and a Garlic Knot	Roasted Chicken with Coleslaw and Baked Beans	Orange Chicken Bowl with Steamed Veggies
				Waffles with Cheesy Scrambled Eggs
				Spaghetti with Meat Sauce Parmesan Herb Breadstick
	16	17	18	19
		Zesty Chicken Enchilada Spanish Rice Cookie	BBQ Chicken Sandwich with Coleslaw	Spicy Thai Chicken Bowl with Steamed Veggies
				French Toast Sticks Scrambled Eggs with Ham
				Philly Cheesesteak with French Fries
	23	24	25	26
		Hot Dog with Mac and Cheese	Tot'chos with a Roll	Teriyaki Beef with Broccoli Bowl
				Taquito with Chips and Salsa
				Salisbury Steak with Mashed Potatoes and a Roll
	30			
		Popcorn Chicken Bowl with a Fresh Roll		
				Student Full Price: Breakfast FREE, Lunch \$3.15 Student Reduced Price: Breakfast—FREE; Lunch \$.40 Adult - Breakfast \$3.20, Lunch \$3.80